



Senior News

September 2025

Ashland Senior Center, 1699 Homes Avenue, Ashland OR 97520

Monday - Thursday, 8:30am - 3:30pm | 541-488-5342 | tty: 711
AshlandSeniorCenter.org | seniorinfo@ashlandoregon.gov

*See pages 2 & 5 for full details of the events and classes listed below.
All special events are FREE, but registration is required: 541-488-5342.*



Climate Incentives & Rebates Explained

Friday, September 5, 1-3pm



ALERT!
Go Game Group
is now
Every Thursday, 1-3:30pm



**Be Smokewise:
DIY Indoor Air Filter**

Monday, September 15, 1-3pm



ALERT!
Line Dance 2
at the Grove is now on
Wednesdays, 1-2:30pm



**JCLS Tech:
An Introduction to
MyChart**

Wednesday, September 17, 2-3:30pm



Standing Steady
NEW fitness class begins
Monday, September 8, 11am



**Medicare 101: What
You Need to Know**

Monday, September 22, 2-3:30pm

Save these October dates...

- ❖ Author talk: Ambuja Rosen
Monday, October 6, 1-2pm
- ❖ RCH Pharmacist Talk
Wednesday, October 8, 2-3:30pm
- ❖ Japanese Garden Walk, guided by
Patty Winner
Wednesday, October 22, 1-2:30pm

**Ashland Senior Center will be closed on Monday, September 1
in observance of Labor Day.**

Featured Activities & Classes

See page 3 of this newsletter for our full calendar of activities and classes, or you can view full details in the current Ashland Parks and Recreation Playguide at ashlandoregon.gov/register. Register [online](#) or call 541-488-5342. Ask about our scholarships.

All activities occur at Ashland Senior Center, unless otherwise noted.

Registration required: 541-488-5342



ashland
climate
collaborative

Climate Incentives

(Friday, September 5, 1-3pm)

ACC returns to Ashland Senior Center to urge eligible households to take advantage of federal home energy tax credits and explain how the process works before these benefits expire! They will also inform class participants of the state, local and utility-level incentives that can help eligible households make clean electric upgrades.

See the link for a list of upgrades and deadlines: ashlandclimate.org/updated-deadlines-home-energy-tax-credits

Presenter: **Ashland Climate Collaborative**



SMOKEWISE
ASHLAND

Be Smokewise: DIY Clean Air Filter

(Monday, September 15, 1-3pm)

Come learn to build your own air filter (a \$60 value) with our partners at Smokewise Ashland. You will learn about the emergency system for alerts and understand how to be better prepared for smoke and wildfire disasters. Space is limited so sign up now!

Presenter: **Sara Jones**, Community Engagement Coordinator for Ashland Forest Resiliency, Ashland Fire & Rescue, Wildfire and Community Risk Reduction Division



Line Dance 2

(NOW on Wednesdays from September 10, 1-2:30pm, The Grove)

Join this drop-in advanced line dance class that has shifted from Thursdays to Wednesdays starting in September.



An Introduction to MyChart

(Wednesday, September 17, 2-3:30pm)

Are you interested in accessing your medical information online? Do you need help understanding how to schedule or attend a virtual doctor's visit? Not sure how to refill your prescription online? We welcome those all interested to attend our upcoming class to learn how you can use MyChart to improve your access to your medical information. This one-hour class is followed by a 30-minute Q&A session with time to practice what you've learned. (Please bring your device.)

Presenter: **JCLS Digital Services**



Medicare 101

(Monday, September 22, 2-3:30pm)

Join our knowledgeable SHIBA volunteers to learn the ABC's (and D) of Medicare! This class will give an overview of the Medicare program, explore options available to beneficiaries, give guidance to determine your best options, explain the enrollment process, share various forms of assistance, explain the Part B premium, review drug costs, and give information on local resources.

Presenters: **Linette Stevens** and **Anita Piano**, SHIBA Volunteers



Go Game Group

(EVERY Thursday, 1-3:30pm)

Learn to play Go, an ancient Chinese game played with black and white stones on a square board. It has simple rules but challenging strategy. Experienced players and beginners welcome.

SENIOR ACTIVITIES CALENDAR

SEPTEMBER 2025

All events occur at Ashland Senior Center unless otherwise noted.

(G) The Grove

All activities except F&F lunch require pre-registration: 541-488-5342.

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

1 CLOSED 	2 9:30a Tai Chi 1 (G) \$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie	3 9:15a Gentle Yoga \$ 10:30a Gentle Yoga \$ 11:30a F&F lunch 2p Young at Art \$	4 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go	5 CLOSED except for: 11:30a F&F lunch 1p Climate Incentives Explained
---	--	---	--	--

8 Strength & Balance \$ 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11a Standing Steady (G) \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 11:45a Chair Yoga \$ 1p Line Dance 1 (G) \$	9 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie	10 9:15a Gentle Yoga \$ 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$	11 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 10a Advance Directive Assistance 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go	12 CLOSED except for: 11:30a F&F lunch
--	---	--	--	---

15 Strength & Balance \$ 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11a Standing Steady (G) \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 11:45a Chair Yoga \$ 1p Line Dance 1 (G) \$ 1p Smokewise	16 9:30a Tai Chi 1 (G)\$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie	17 9:15a Gentle Yoga \$ 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$ 2p JCLS: An Introduction to MyChart	18 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go	19 CLOSED except for: 11:30a F&F lunch
--	--	--	---	---

22 Strength & Balance \$ 9:30a Tai Chi 3 (G) \$ 10:30a Gentle Yoga \$ 11a Standing Steady (G) \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 11:45a Chair Yoga \$ 1p Line Dance 1 (G) \$ 2p Medicare 101	23 9:30a Tai Chi 1 (G) \$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie	24 9:15a Gentle Yoga \$ 10:30a Gentle Yoga \$ 11:30a F&F lunch 1p Line Dance 2 (G) \$	25 Strength & Balance \$ 9:30a Tai Chi 2 (G) \$ 11:30a F&F lunch 1p Mah Jongg/Spades 1p Go	26 CLOSED except for: 11:30a F&F lunch
---	---	--	---	---

29 Strength & Balance \$ 9:30a Tai Chi 3 (G) \$ 11a Standing Steady (G) \$ 11:30a Beginning Line Dance (G) \$ 11:30a F&F lunch 11:45a Chair Yoga \$ 1p Line Dance 1 (G) \$	30 9:30a Tai Chi 1 (G) \$ 9:30a Discussion Group 10a SHIBA 11:30a F&F lunch 1p Cribbage 1p Movie
---	---

For questions about Food & Friends lunch service, please call 541-488-9850.



Please call 541-488-5342 to schedule an appointment for Device Tutoring or general program information.

Patron Spotlight: Ambuja Rosen

You've probably seen Ambuja at her beloved senior center, enjoying concerts, movies and the like. Ambuja grew up in L.A. and got a degree in psychology from UCLA. Later she became a freelance journalist. She published hundreds of features and columns, in many magazines, ranging from *Woman's World* to *Muscle & Fitness*.

In 1993, Ambuja hand-picked Ashland for her new home, where you might find her hiking swimming, folk dancing, bicycling, meditating, bird watching or doing yoga.



Ambuja is a voracious reader, and she's thrilled to be publishing her first book. It's called *Heal Your Mental Disorder: The Doctors' Step-by-Step Program for Conditions from Dementia to Schizophrenia*. In it, seven doctors explain how to cure (and prevent) Alzheimer's, depression, and other mental disorders. They practice Ayurveda, the oldest known system of medicine.

The main doctor estimates that 60 to 90 percent of his patients are cured. Their symptoms are gone and if they were on psychiatric drugs, they no longer need them. Ambuja says, "So many people are suffering unnecessarily. I want them to know there's a way out, without side effects. I invite everyone to come hear me speak at the Ashland Senior Center, October 6 at 1:00." You can also visit Ambuja at healyourmentaldisorder.com.



WEEKLY MOVIE MATINEES Showtime 1:00pm

TUESDAY, September 2: A Star is Born (2hr 15min) 2018 R Romance, Musical

Seasoned musician Jackson Maine discovers - and falls in love with - struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight.

Stars: Bradley Cooper, Lady Gaga, Sam Elliot

TUESDAY, September 9: Into the Inferno (1hr 44min) 2016 PG Documentary

Werner Herzog and volcanologist Clive Oppenheimer travel the globe and visit volcanoes in Indonesia, Ethiopia and even North Korea in an attempt to understand man's relationship with one of nature's most violent wonders

Stars: Werner Herzog, Clive Oppenheimer

TUESDAY, September 16: The Room Next Door (1hr 50min) 2024 PG-13 Drama, Narrative

Ingrid and Martha became close friends while working together at the same magazine. After years of being out of touch, they meet again in an extreme but strangely sweet situation.

Stars: Tilda Swinton, Julianne Moore, John Turturro

TUESDAY September 23: The Penguin Lessons (1hr 51min) 2024 PG-13 Drama, Heart-felt

Amid the political turmoil of 1970s Argentina, a downcast English teacher finds a new lease on life when he rescues a stranded penguin. Based on a true story.

Stars: Steve Coogan, Jonathan Price, Vivian El Jaber

TUESDAY September 30: The Black Godfather (1hr 58min) 2019 TV-MA Documentary

This documentary follows the life of Clarence Avant, the ultimate, uncensored mentor and behind-the-scenes rainmaker in music, films, TV and politics.

Stars: Clarence Avant, Quincy Jones

*Closed Captioning always offered when available.
Selections subject to change without notice.*



Featured Activities & Community Resources

Standing Steady

Standing Steady is a one-of-a-kind class that will be offered beginning in September on Mondays from 11am-12pm or 12-1pm at the Grove, 1175 E. Main St.

Taught by **Lisa Ralston**, a licensed physical therapist well-versed in OTAGO—a scientifically proven method that can reduce fall risk by up to 40%.

This class is tailored for individuals who have experienced falls or are concerned about their balance, particularly those who may find other Senior Center classes difficult due to unsteadiness. The class structure includes a combination of seated and standing exercises (with support) and weekly home exercises, including walking.

The monthly fee of \$100 (\$25/class) reflects the exceptional value of this program.

Call **541-488-5342** or visit ashlandoregon.gov/Register to enroll.



RVTD Changes

Changes to RVTD routes and service hours come into effect beginning September 2, 2025. Please call or visit the RVTD website for information about discontinued routes and altered service hours.

General customer service: 541-779-2877.
Questions regarding the Valley Lift service: 541-842-2080.

Visit rvtd.org/news to stay abreast of any updates.

ASAC Update

Ashland Senior Advisory Committee will meet next on **October 13, 3:30-5pm** in person at Ashland Senior Center. All meetings are open to the public. The agenda will be posted at AshlandOregon.Gov/AgendasMinutes.

ASAC welcomes public input! Please submit comments to seniorinfo@ashlandoregon.gov or 541-488-5342.



Free Dental Clinic

Providence partners with **Medical Teams International** to provide free care to adults unable to pay for emergency dental services. MTI provides care for: cavities, abscesses, oral infections, broken teeth.

Call **503-893-6550** to schedule an appointment by leaving your name, phone number and a brief description of the dental concern in the voice message. You will receive a call back within 1-3 business days.

The next Mobile dental clinic is scheduled for Friday & Saturday, September 26 & 27 at Medford St. Vincent de Paul, 2424 N Pacific Hwy, Medford, OR 97501.



Fall Risk Education & Senior Resource Fair

Jackson County Health and Human Services partners with **Providence** and **OABHI** in this resource fair aimed at keeping seniors healthy and on their feet.

Tuesday, September 23, 1:15-5pm
JCHHS office, 2nd floor, 140 S Holly St, Medford

To register, contact:
shauna.spees@providence.org, 541-840-0655
emma.gonzalez-bencomo@providence.org, 541-734-3506.



Senior Services Division
1699 Homes Avenue
Ashland, OR 97520

Senior Services Division



PRSR STD
U.S. POSTAGE
PAID
PERMIT #149
MEDFORD, OR

RETURN SERVICE REQUESTED

Thank you to our partners and sponsors!



ashland
climate
collaborative



ASHLAND
COMMUNITY
FOOD BANK



SMOKEWISE
ASHLAND



And thank you to ALL our amazing volunteers and instructors
who do so much to support seniors every month.